

**"The Great Purpose"**  
**Ps 37:4**

**Ps 37:4** *Delight yourself also in the Lord, And He shall give you the desires of your heart.*

In Psalm 37, David gives me four things that will happen to me when I spend time with God.

**I. It challenges me to reflect on God's character.**

**Ps 37:4 (NIV)** *delight yourself in the Lord ...*

The word 'delight' means to take pleasure in.

My relationship with the Lord should have priority over all other relationships.

A grateful and thankful heart is the key to delighting myself in the Lord.

**II. It causes me to receive God's blessing.**

**Ps 37:4 (NIV)** *delight yourself in the Lord, and He will give you the desires of your heart*

When I really delight myself in the Lord, my desire will be His desire.

There are three kinds of desire.

**Ps106:15** *And He gave them their request, but sent leaness into their soul*

A. There is selfish desire.

A selfish desire is wanting something that God does not want for me and when I don't get it, I pout about it.

B. There is Satanic desire.

Satanic desire comes at me in the form of temptation.

C. There is sanctified desire.

One of the most important questions I will ever ask God is, "Lord, what is the desire of Your heart for my heart?"

**III. It compels me to rely on God's power.**

**Ps 37:5** *Commit your way to the Lord, trust also in Him, and He shall bring it to pass*

The Hebrew word 'commit' means to roll over.

IV. It conditions me to rest in God's will.

**Ps 37:11 (NIV)** *But the meek will inherit the land and enjoy great peace*

The word 'fret' literally means to burn.

- A. Spending time with God causes me to know God.
- B. Knowing God causes me to love God.
- C. Loving God causes me to trust God.
- D. Trusting God causes me to rest in God.

**Ps 34: 7** *Rest in the Lord and wait patiently for Him*

The word 'rest' means to be still and quiet before the Lord.

- E. Resting in God causes me to follow God.

It is very important that I take time everyday to privately and personally spend time with God in worship.